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OFF THE RAILS

THE EMBATTLED RAILWAY
AT THE CENTRE OF THE
LAC-MÉGANTIC DISASTER
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Hubba-hubba

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damage to much of its data when
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Calgary's outrageous garage
rockers The Slabs talk about their
unique musical style

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Justice for Leo
comes many
years later

Guilty plea. Former
Thai police officer
admits he murdered
Calgarian tourist

JEREMY
NOLAIS

jeremy.nola@metronews.ca

On Wednesday, Ernie Del Pinto visited his son's grave with a message he's waited more than five years to share.

"Leo, I've done what I had to for you," he said.

Leo Del Pinto, Ernie's son, was shot several times and died while touring a town in northern Thailand in January 2008. Authorities charged off-duty police officer Uthai Dechawiwat with his death, but the accused claimed the shooting was accidental and occurred while he attempted to break up a fight.

He was let out on bail but later arrested and convicted in 2011 for clubbing his pregnant wife to death just weeks after they were married.

The Del Pinto family kept in close touch with government officials, repeatedly lamenting the apparent lack of progress in the legal proceedings.

Finally, on July 2, Ernie says he received a letter from



Calgarian Leo Del Pinto, 25, was
touring Thailand when he was shot
and killed. COURTESY DEL PINTO FAMILY

Canadian Foreign Affairs indicating that Dechawiwat had changed his plea and confessed to murdering Leo.

The Del Pintos waited for weeks to confirm the information through proper channels and finally made the development public on Wednesday.

"We've accomplished beating the Thai government and making it known that they had a killer on their hands," Ernie said. "What he did was not right."

Aaron Greene, a close friend of Leo's, said Wednesday that he felt vindicated by the outcome and was grateful

for the work done by many to keep the case in the spotlight.

The "Justice For Leo" campaign was launched shortly after the shooting and featured pins, Calgary Transit bus ads and fundraising benefits all in support of the Del Pinto family.

In April, Greene helped put on the Leo Lives! Memorial Show in Lethbridge, a musical tribute to their friend.

"He was kind of the glue, so to speak, that held us all together," Greene said. "He would find the best thing about you and bring it out."

A spokesperson for Canadian Foreign Affairs confirmed Wednesday that the department had been informed of a development in the case, but declined to go into specifics over privacy concerns.

A reason for the guilty plea was not immediately known. Dechawiwat is due to be sentenced on Aug. 20, and Ernie said he and his wife, Clare, intend to be at the Chiang Mai courthouse that day. It will be the first time they have been back to Thailand since Leo's death.

"Justice For Leo will never be forgotten by me and not by anybody else that's supported me in all these years," Ernie said.



Ernie Del Pinto looks over the grave of his son, Leo, on Wednesday, after revealing that the former Thai police officer accused in his death has pleaded guilty. CANDICE WARD/FOR METRO

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Correction

58 more taxis recommended, not 100: City

City administration will recommend that “approximately 58 additional taxis” be added to Calgary streets in a report due out next week, fewer than the chair of a committee said he’d confirmed would be advocated for.

A statement issued Wednesday corrects information provided to Metro Sunday by Jonathon Campbell, chair of the Taxi Limousine Advisory Committee (TLAC).

But TLAC could still hear arguments from brokers, drivers and other members of the public for a larger increase in the city’s 1,466-cab fleet during a meeting Friday.

Campbell told Metro Sunday he’d confirmed with city administration that 100 additional vehicles would be the recommendation, one that would have still needed approval from his group, then from a city committee and ultimately from city council.

Campbell did caution, however, that he hadn’t seen the final report, which will be made public Monday.

A statement issued by the City of Calgary Wednesday reads: “Unofficial information has been circulated. However, it does not accurately reflect the yet-to-be-released report.”

The increase advocated by the city relies on a census-data formula.

JEREMY NOLAIS/METRO



The “ops room” at the Emergency Operations Centre in Crescent Heights operates 24-7 when disaster strikes — and relies heavily on large amounts of data. Nearly 200 people were working in this area during the worst of the Calgary flooding. METRO FILE

Moving data centre mitigated flood fallout

IT. If hub had stayed in old location, official says ‘vital city services’ would have been lost

Impacts from late June’s flood would have been “much worse” if the City of Calgary hadn’t months earlier completed the move of its main data centre from downtown to a secure, secret location, according to the municipal chief information-technology officer.

“Calgary.ca and 311 would have had service interruptions, fairly significant service interruptions,” Charles Taylor said

Wednesday, adding he could “only speculate” on the implications that would have had on an already chaotic situation.

Aside from communication breakdowns between the city and the public, Taylor said the loss of the data centre would have impeded operations of the Calgary Emergency Management Agency.

The city moved the data centre to a new location in November 2012, however, away from its previous home on the third floor of the heavily flood-impacted city administration building.

As a result, he said, “information-technology services remained fully available and fully

functional during the crisis.

“Calgary Emergency Management Agency did have access to all the computer systems that it needed to provide co-ordinated activities and communicate with Calgarians.”

With 1,300 city employees still unable to return to their regular offices in the Municipal Building complex, the city continues to rely on IT technology for daily operations.

“What we did is create alternative workspaces across the city in nine different locations,” said program manager Sandy Virgo. “We then provided them the tools for them to be able to access our network.”

ROBSON FLETCHER/METRO

Why move?

Acting chief IT officer Charles Taylor says a number of factors played into the city’s decision to move its data centre out of downtown to an undisclosed location.

- “Typically you don’t want to have a data centre near the train tracks, you don’t want it to be under a flight path, you don’t want it to be in a flood plain,” he said. “The city doesn’t like to divulge the location of its data centre, just as a security issue.”

1 NEWS



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Burns. Film crew worker jolted with electricity

A member of a three-person film crew is in a Calgary hospital after looking for the perfect shot in a place where the trio shouldn't have been.

The man suffered electrical burns late Tuesday night during a shoot three storeys up on a power platform in the 800 block of 24 Avenue S.E.

Fire officials say crews arriving at the scene were told by a crew member on the

ground that two co-workers were trapped on the platform and that one may have been electrocuted. The men were told to stay put until the power was turned off, and both were brought down on an aerial ladder before one was taken to hospital.

Officials say the three were working on a time-lapse video of a construction site near the platform. **THE CANADIAN PRESS**

Barlow Trail

Six cars involved in collision

Fire crews extricated a driver after six vehicles collided Wednesday afternoon at Barlow Trail and McKnight Blvd. N.E. At about 2:30 p.m., firefighters had to use a special tool to stabilize a vehicle and safely remove a man who had become trapped when one vehicle came to rest at a 45-degree angle against another. **METRO**

Autopsy scheduled

Man dies after collapsing

An autopsy is expected Thursday after a man collapsed in southwest Calgary and later died. Officers responded to the 300 block of Brookmere Road S.W. at about 2 p.m. Wednesday on a report a man had collapsed. He was taken to hospital but later died.

Investigators don't believe foul play is involved. **METRO**

Some Alta. highways may not reopen until mid-2014



This image taken in late June shows damage to Highway 40 in Kananaskis Country. Segments of that highway and others may not open for months as workers continue to repair extensive flood damage. **CONTRIBUTED**

Flood damage. Bridge washouts, soil erosion among issues plaguing thoroughfares

Unprecedented destruction on Alberta highways caused by June's flooding will likely force portions of some routes to remain closed until summer 2014, according to the provincial transportation ministry.

A list provided to Metro on Wednesday outlines more than \$12 million in approximate damage to highways, but also specifies that the impact of surging water to many roads has yet to be fully assessed. Other routes restored to working order will require further repairs over the long term, the list says.

Alberta Transportation spokesperson Trent Bancarz said the province is far more used to coping with damage to a single road or bridge caused

by an "isolated incident."

"To have so many of them out at the same time over such a large area ... certainly, in my time, I've never seen that before," said Bancarz, who has been with the ministry for 12 years.

Major issues remain on certain portions of Highway 40 in Kananaskis Country, south of High River on Highway 532 and Highway 547, which is north of the Village of Arrowwood and an hour southeast of Calgary, according to interactive road maps provided by the province at 511.alberta.ca.

Elsewhere, millions have been spent to get areas such as the Sheep River Crossing on Highway 22 between Turner Valley and Black Diamond and the Bow River crossing on Highway 842 in Siksika First Nation back to working order.

City officials were planning to give media a tour on Thursday of damaged roads and pedestrian bridges.

JEREMY NOLAIS/METRO



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Calgary police are looking to speak with the man in this photo, taken from a surveillance video, in relation to a fatal stabbing on Aug. 3. COURTESY CALGARY POLICE SERVICE

Cops ID stabbing victim

John MacPherson. Investigators are looking to speak with another man in relation to the death

Police have identified the victim of a weekend homicide as 38-year-old John MacPherson. Officers were called to the

3900 block of 17 Avenue S.E. around 10:30 p.m. on Aug. 3, where they found an injured man. He was taken to hospital but later succumbed to his injuries.

MacPherson died as the result of a stabbing, according to police.

Judah Diew Long, 34, is charged with manslaughter.

Investigators have also released a picture of a man they

believe may have knowledge of the incident.

He's described as a black male, around six-foot-two, and was seen wearing blue jeans and a black puffer jacket.

Those with information about the man in the picture or information related to the incident are asked to call police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

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CALGARY DEALERSHIP CLEARING OUT ALL USED INVENTORY UP TO 50% OFF!

Carl Holst, Sales Manager of StampedeToyota, just announced plans to hold a vehicle summer clear out taking Place Saturday August 10, 2013. According to Mr. Holst increased sales from the last few months have resulted in an overstock of trade-ins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we must reduce the number of cars and trucks on our used lot to a more manageable number. During this vehicle summer clear-out sale every used car and truck will be sold from 10% up to 50% off its original asking price." Mr. Holst said. "In fact, cars that normally sell for five to eight thousand dollars will be sold for three to five thousand," Mr. Holst said. "Our customers will find these prices even lower than at wholesale auctions."

Auction bidding often inflates the true value of a car so you pay more. Here every car is on sale, first

come first served and no bidding. It's the perfect opportunity to get a good quality new or used car at the lowest price in the city. All cars will be on display at Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway. This sale is one day only, doors

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as 50% OFF, Saturday August 10, 2013, during a one-day sale event.

open at 8:30am. Prices are posted on the windshield you will be given the opportunity to purchase the vehicle at these amazingly reduced sale prices. This innovative approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said. "We also have three business managers who will help buyers arrange low-cost financing. We've got over \$10 Million Dollars in inventory to choose from. Our total inventory will be close to 600 new and used cars and trucks to choose from. We want to remind everyone that this is a one-day sale only. When our inventory has been reduced, we will remove the sale prices and return to normal operations. Since we are a local business we would like to give back to the community," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than wholesale them at an auction." All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Due to the volume of sales during this event, please no telephone inquiries.

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MM&A Railway files for Chapter 11

Lac-Mégantic disaster.

Company chairman says bankruptcy protection filings in Canada, U.S. a 'direct result of the tragic derailment'

The embattled railroad at the centre of the deadly Quebec train derailment has filed for bankruptcy protection.

The Montreal, Maine & Atlantic Railway says it filed for Chapter 11 bankruptcy protection Wednesday in the U.S.

It also said its sister company in Canada — Montreal, Maine & Atlantic Canada Co. — simultaneously filed a petition in Quebec Superior Court in Montreal seeking relief under the Companies' Creditors Arrangement Act, a step that would protect it from creditors.

"It has become apparent that the obligations of both companies now exceed the value of their assets, including prospective insurance recoveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, chairman of both companies, said.



The Montreal, Maine & Atlantic Railway, whose train caused the deadly crash in Lac-Mégantic, Que., has filed for bankruptcy protection.

RYAN REMIOWZ/THE CANADIAN PRESS

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous clean-up costs following the disaster.

The town and the Quebec

government have sent legal notices to the Maine-based railway, demanding that it reimburse Lac-Mégantic nearly \$8 million in environmental mop-up costs.

"MMA wishes to continue to work with the Quebec Ministry of the Environment, the municipality of Lac-Mégantic, and other government authorities in the continuing environmental remediation and clean-up as long as is necessary, and will do everything within its capacity to achieve completion of such goal," Burkhardt said.

THE CANADIAN PRESS

Autopsy report. N.B. brothers killed by python died of asphyxiation

The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on 4-year-old Noah Barthe and his 6-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report.



Noah and Connor Barthe

FACEBOOK/THE CANADIAN PRESS

Police said the boys were found dead Monday morning after the python escaped from a glass tank in an apartment, slithered through a ventilation pipe and fell through the ceiling where they were sleeping.

The apartment remained cordoned off with yellow police tape and two provincial conservation officers were seen entering and leaving the pet store Wednesday.

THE CANADIAN PRESS

British Columbia

Illegal dental practice shut down; patients told to get tested

A man who allegedly practised dentistry illegally from a Burnaby bedroom has disappeared after authorities seized his equipment, including drills and syringes that were not sanitized.

Former patients of Tung Sheng Wu should get tested for hepatitis and HIV, the College of Dental Surgeons of B.C. and the Fraser Health Authority announced Wednesday.

Authorities were alerted to Wu's practice after a woman complained about her treatment this year. The college hired an investigator, leading to the seizure of equipment on May 29.

Wu is not a registered dentist and may have reused needles and contaminated materials. There was a "gross lack of basic hygiene in the premises," Dr. Michelle Murti said.

EMILY JACKSON/
METRO IN VANCOUVER

Marketing claims. Apps don't help babies learn, advocacy group argues

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"The research shows that



A Boston-based group has asked U.S. regulators to look into claims about the educational value of some mobile apps targeted at young children.

THE ASSOCIATED PRESS FILE

machines and screen media are a really ineffective way of teaching a baby language," said Susan Linn, the group's director. "What babies need for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day.

THE ASSOCIATED PRESS

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Cars are already connected with automated parallel parking and Internet-based entertainment, and now technology can track driving habits like hard braking that could affect a driver's insurance rates. A wireless device measures distance travelled annually, frequency of hard braking and acceleration, as well as time of day the vehicle is used to determine savings on insurance. **THE CANADIAN PRESS**

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Bought a pair of boots? Well, it's time to form a band then

Local music scene.

The Slabs combine a stunning visual show with their raucous riffs at the Plaza Theatre this Friday night



BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Calgary has its share of riotous rock bands, but The Slabs take it to the next level.

Led by charismatic scene veteran Kamil Krulis, the garage rock quintet has gained a reputation for its catchy caveman guitar and keyboard riffs as well as its raucously debauched live shows.

"We're dysfunctional to the max," says Krulis. "We just play how we are. It's always visual because it's the stage. We're putting on a show."

The band, which is named after the large concrete slabs in the Elbow River near Stanley Park, formed nine months ago after guitarist Jesse Powell phoned Krulis from a vintage clothing store.

"He bought a pair of calvary boots," recalls Krulis, who fronted legendary '90s Calgary punk groups Bad Housekeeping and The El Caminos, as well as more recent garage acts The Sub-Linguals and The Thulls.

"And he was like, 'I got calvary boots. I think we need to start a band now.'"



Calgary's outrageous garage rockers The Slabs play The Fifth Reel's '90s party and Wayne's World screening at The Plaza Theatre on Friday. LISA WILTON

The Slabs is rounded out by bassist Martine Menard, drummer Stevyn Mars and keyboardist Cosima Friesen,

who joined the "creep beat" group after seeing its first show.

"I thought it was weird,"

she says. "There was Martine singing backups with no microphone and Kamil screaming about condom par-

Details

The Slabs play The Plaza Theatre on Friday night at 10 p.m. as part of The Fifth Reel movie series.

- Online. Tickets \$12 for members and \$15 for non-members and are available at the door or online through eventbrite.ca

ties. That was pretty much it."

The Ontario native moved to Calgary just over a year ago and says she was surprised at how open-minded and welcoming the local music and arts scene is.

"I met more people in Calgary in two months than two years in Toronto," says Friesen.

Sitting at one of the band's favourite watering holes on 17th Avenue, Friesen, Krulis and Powell discuss the band's raw, retro rock sound.

"It's wretched, but there's a sweet new wave sort of B-52s thing going on," Powell says.

"That's the Cosi element."

"It's a nice contrast of creepy and sweet," adds Krulis.

"It's creepy-sweet. That's a good description of us."

Because all five members of The Slabs attended art colleges, the visual aspect of the band is almost as important as the music.

"Within our gang and the people we hang out with at least, there's no separation between the visual artist and music," says Powell.

2 SCENE



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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."



Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly

after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source

who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says



Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep

says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.



Twitter



@Sethrogen

People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.



@markduplass

We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.



@pattonoswalt

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Watch where you're going

It's about time. The world's about to mix style with smart

RICHARD PECKETT

Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6

billion smartphones and 280 million tablets," predicts senior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Ham-margren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the

screen, and charged via USB (battery life three to four days).

Smartwatches are part of a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Ham-margren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience. But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a



great way for brands like Apple and Samsung to build on their foundation of tablets and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."



What's on the market?



The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function. \$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app. \$495, citizenwatch.com



Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. \$249, martianwatches.com

The technology drivers

I'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. \$299, imsmart.com



News. Apple eyes the style experts

The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. **RICHARD PECKETT**



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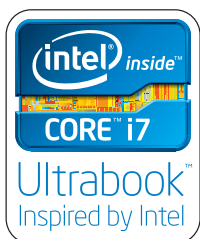
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Games can help build a child's word and number skills, as well as strategizing, problem solving, turn taking and negotiating, which is a great way to stimulate a child's academic skills while having fun. ISTOCKPHOTO/THINKSTOCK

Time to celebrate another school year

MICHELLE
WILLIAMS
For Metro

Are your kids sorry to see summer go? It may feel a little geeky for your kids to admit that they are excited about going back to class, but many children are.

Whether your kids are quietly cheering the start of school or wishing it was still a long way away, there are things you can do to celebrate the end of summer and the coming school year.

Start by asking your kids to make a list of what they like about school. This isn't just a make-work project.

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way," said Kathy Lynn, parenting expert, speaker and author.

Plan a special end of summer activity. "A beach party or visiting a water park really celebrates summer,"

Fresh start

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way."

Kathy Lynn, parenting expert, speaker and author

Lynn said. "Or, depending on the ages and interests of the kids, it could be something more educational, like a visit to a museum or science centre."

You can even go big and throw an end-of-summer party. "Invite school friends the kids may not have seen all summer to help re-establish connections."

Shopping for new school clothes and supplies is always lots of fun. "Starting fresh with new things is a great way to get kids keen to head back to class," Lynn said.

Choose a day when things won't be busy or rushed and turn it into a special occasion by adding a lunch or a movie

after you are done shopping. It doesn't have to all be about celebrating.

"Pull out a few board games like Monopoly or Scrabble," Lynn said. "It will help build their word and number skills, as well as strategizing, problem solving, turn taking and negotiating — a great way to stimulate kids' academic skills while they're having fun."

Do your kids say they don't want to go back to class? Listen carefully to their reasons. It could be bullying, nervousness about moving on to a new grade or dealing with a new teacher. Lend an ear, it's important for kids to know you are there to support them.

Rubber ducky, you're the one, now let's make showering fun

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

Step 1: Prepare walls for tiling

Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound. Make sure the installation surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

Step 2: Set tiles

Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one. First, seal the walls using a V-notched trowel to spread thin-set adhesive on

the wall surface. Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

Step 3: Remove plastic covering

Peel and stick tiles are the most popular and cost-effective product. The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

Step 4: Apply grout

Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant



Do you constantly think your morning shower could be more vibrant? This DIY idea is for you. ISTOCK IMAGES

to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

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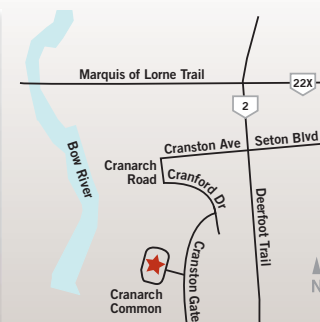
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Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

Pandoro Dusty Shale Oval, five by eight inches, \$230, homesav.com



Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

Small Sheep Bath Mat, two by three inches, \$20, simons.ca



Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveau landscape painting.

Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, \$300, homedepot.ca



Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, \$160, gelpro.com



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A garden where the gardener found a creative way to showcase a flower bed using a bed frame. It brings the gardener's personality into play, which is a component of Slow Gardening: 'Doing what you savour and savouring what you do.' DEAN FOSDICK/THE ASSOCIATED PRESS

What's the big rush? Slow gardening focuses on process

Slow Food Movement.

Life has enough stresses — keep them out of your garden

Felder Rushing is not a man to

be hurried. This former county extension agent turned folklorist, author and lecturer is an advocate of slow gardening — emphasizing the process over the product.

"Life has a lot of pressures," Rushing says. "Why include them in the garden?"

Slow gardening is an offshoot of the international Slow Food Movement, which, in its words, aims "to strengthen the connection between the food on our plates and the health of our planet." Think of it as mixing ecology with gastronomy, promoting wellness over the high-calorie fare of many fast-food menus.

The way Rushing looks at it, fast food gardening means outsourcing most gardening pleasures.

"A lot of people feel they're too busy to maintain their lawn and shrubs, so they hire 'mow and blow crews' to get it done," he says. "That's fine, but it's product-oriented. Others like eating out regularly. That's OK, too, but it's not home cooking or enjoying what you grow."

Slow gardeners, on the other hand, look forward to whatever needs doing. "They're anticipating, performing and sharing the process," he says.

Slow gardening is more psychological than horticultural. "Some people make their

beds every morning even if they live alone and nobody's there to notice," he says. "They do what they do because it makes them feel good."

Yet slow gardening is not lazy gardening; there are no shortcuts or how-to lists.

"Sometimes it can get pretty intense and long on gadgets," Rushing says. "But if you're able to get into the rhythm of that, you're practising slow gardening."

Susan Harris, a garden coach and blogger from Greenbelt, Md., also subscribes to the slow-gardening philosophy, and recommends it to her students, readers and clients.

It's "doing what I'm passionate about, not being a purist about anything, using hand tools, not power tools, tolerating some pest damage or just growing some other plant rather than bothering with products (organic or otherwise)," Harris said in an email. "Applying pesticides is not gardening in my book. At least not the slow kind." THE ASSOCIATED PRESS

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A bottle garden that frames flower and vegetable beds in a backyard in Langley, Wash. There are no how-to lists or shortcuts but a touch of whimsy often is a component of Slow Gardening. DEAN FOSDICK/THE ASSOCIATED PRESS

Tips

Some suggestions from Rushing's book *Slow Gardening, A No-Stress Philosophy for All Senses and Seasons*.

- **Take it easy.** Gardening doesn't have to be stressful or a rush to reach harvest. Go slow while you grow.
- **Don't try keeping up with the Joneses.** "A lot of gardeners are scared they're going to mess up," Rushing says. "What are the neighbours going to say? I'm saying hold your head up and go on. Make mistakes and savour them. People are going to talk about you anyway."
- **Don't be penny-wise and flavour-foolish.** "Slow gardeners don't mind spending a little more trying to grow tomatoes over what they'd buy at the store, just for that first, hot-off-the-vine bite in the summer," he says.
- **Get together.** Share your harvests. Teach. "If you like going to farmers markets, great. But take some kids along with you the next time and show them the difference between a yellow (summer) squash and a zucchini. To me, slow gardening is passing along a favourite plant or some of your knowledge."



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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of



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the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

- Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.
- Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner

knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

- Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.
- Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based

supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

— François Ramsay, senior vice-president with Yellow Pages Group

NEED A PLUMBER EXCEEDS EXPECTATIONS

With a name like Need A Plumber Canada (NapCan), customers should know what to expect. But it is NapCan's goal to exceed those expectations.

"A homeowner's time is very valuable," says Peter Landry, company owner.

"So we strive to be as efficient as possible. Our technicians arrive in a cube van, stocked with almost anything the homeowner might need. We have everything from a selection of faucets to gar-

burators and hot water tanks in multiple sizes. We come prepared, so, usually, we can complete all the work in one trip."

Landry knows this industry well. He is a third-generation plumber who has owned his business since 1992, when he inherited it from his father.

Today, he runs NapCan as a family company, focusing on customer service and strongly supporting the local economy.

"Buying locally is more valuable than

people realize," Landry says.

"The closer the supplier, the easier it is to access any parts, warranties, etc., for the products we provide. It also helps our customers have confidence in the products we install in their homes. That's why we work with local suppliers whenever we can — we prefer a quality local product over a low-quality product from another region."

Make a local purchase today and support local business owners like Peter Landry.



ISTOCKPHOTO/THINKSTOCK

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CALGARY CO-OP CARES ABOUT COMMUNITY

It's been said that without a sense of caring there can be no sense of community. That's why Calgary Co-op has been built around community — because it cares.

Membership at Calgary Co-op has many benefits for both the individual and the local community. A \$1, one-time investment makes every customer a member and an owner.

One of the trends Calgary Co-op members care about is buying local products. In response to increasing demand, Co-op has partnered with Localize, an Alberta-based program that helps consumers understand where food has come from and who created it. Shoppers will recognize the bright orange Localize labels in all of the 24 Co-op food stores.

"We support our local community by establishing local partnerships and relationships with other like-minded businesses while providing our members the information they need to make informed buying decisions," says Calgary Co-op marketing manager Tara Kayler.

Calgary Co-op is committed to supporting the Calgary community. In 2012, it donated \$4 million to local not-for-profits and charitable organizations. While the financial contributions make a big impact, Co-op also realizes the importance of dedicating time.

For example, Paradise Hill Farm in Nanton, Alta., produces market-fresh tomatoes that are naturally vine ripened, hand-picked and pesticide-free — all qualities that are becoming increasingly important.

For more than a decade, Calgary Co-op has purchased its annual crop of tomatoes. On Jan. 4, 2012, the wind knocked over a power line, which triggered a massive grass fire that burned through the family-owned local farm. Last year, with the help of 20 Calgary Co-op employees, the family rebuilt its farm one seedling at a time.

"I think our sense of community really puts a stake in the ground and sets us apart," Kayler says.

"When you become a member of Calgary Co-op it's about more than just buying your groceries, it's about supporting a local business."

For more information about Calgary Co-op memberships, visit calgarycoop.com, or stop into your local Calgary Co-op food store and visit the customer service desk.

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SMALL STEPS MAKE BIG DIFFERENCE

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local.

"If you set a goal of 100 per cent, you're just setting yourself up for failure. You have to do what makes sense for you. I've had people say to me, 'I'm a mother



ISTOCKPHOTO/THINKSTOCK

with three kids, I'm shopping at Walmart.' And I'll say to them, 'If I was in your position, I'd be right behind you in line.'"

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments,

Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

Asking questions about where your products come from can also start the change, Mills says.

"Like where our \$3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says.

"Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'"

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

— Jason Menard

OPTIKO EYEWEAR FOCUSES ON ITS PATIENTS

Optiko Eyewear brings a fresh look to the eyewear industry.

With superior eyewear brands like Prada, Gucci, Armani, Versace, Tiffany & Co., Bvlgari, Tom Ford, Chrome Hearts, and many more from around the world, Optiko offers customers the selection they are looking for in a friendly environment and convenient location.

"Our mission is to exceed our patients' expectation with a level of service and attention to detail that is matched with a

desire to educate," says Lenor Haymour, owner, Optician and contact lens professional. "We believe that our growth should be driven by testaments of unparalleled satisfaction."

With an on-site, state-of-the-art lens lab, Optiko uses only the highest quality lenses in the industry.

The store is staffed with three highly trained optometrists, providing comprehensive eye exams and the highest standards of customer service and consultation

for eyewear and lenses.

This family-run business has more than 25 years of combined experience and has recently been voted the top eyewear retailer in Calgary by Top Choice Award Calgary.

"We sincerely believe in being involved in our community, that our patients are a part of our family, and that our relationship will last a lifetime," Haymour says.

Stop by Optiko Eyewear Sunridge Mall location, or visit optiko.ca.



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THE CAMERA STORE FOCUSED ON HELPING YOU

The Camera Store has something for everyone and everything in between, whether you are picking up a camera for the first time or are already a seasoned photographer.

Known for having one of the widest selections of equipment and supplies and some of the most knowledgeable and friendly staff, The Camera Store is geared towards people of all different levels, says marketing co-ordinator Evelyn Drake.

"We want to help people get started in photography but also help them get to the next level. People experiment in a variety of different styles and genres and we have people here that have the same passion and can offer practical advice."

The Camera Store offers a variety of educational seminars and its intro to DSLR photography fills up on a monthly basis. The Camera Store TV YouTube channel also happens to be one of the

most popular in North America with a perfect blend of education and humour, Drake says.

The Camera Store is pleased to present award-winning celebrity photographer Douglas Kirkland on Sept. 27 at the Delta Bow Valley Hotel.

"We are so excited to bring someone in as talented and high profile as Kirkland," Drake says. "It's amazing that he will be here with us to share his presentation."



CONTRIBUTED

BOW JEWELLERS MOTIVATED TO SERVE YOU

At Bow Valley Jewellers, it is the customers that inspire the staff.

"If it wasn't for my clientele, new and old, I would have retired from retail sales a long time ago," says Tereza Hodgins, owner, operator of Bow Valley Jewellers.

With this in mind, Bow Valley Jewellers is motivated to provide the best quality service possible to all of its customers.

"I have very dependable and experienced staff that will address your needs and will work together with you to provide you with a solution that works for you," Hodgins says.

Bow Valley Jewellers is an authorized Pandora Jewelry dealer located right downtown, with Pandora's complete jewelry selection.

Bow Valley Jewellers also carries a unique selection of diamond engagement rings and diamond jewelry, as well as all kinds of precious and semi-precious gemstone jewelry that is Canadian-designed and manufactured.

"As a contribution to our eco system, I carry a vast selection of Citizen Eco Drive



CONTRIBUTED

Watches, which uses any light source to recharge the battery and can hold a charge for up to six months," Hodgins says.

Bow Valley Jewellers has been in Bow Valley Square for 16 years and can also be found online at bowvalleyjewellers.com.

Introducing the new Canon EOS 70D DSLR camera.



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FOOD IS A CORNERSTONE FOR SOCIETY

The next time you go to a grocery store, Don Mills, the president of Local Food Plus, suggests taking a look at where your food is coming from and questioning whether a local source may be more worthwhile.

"We're looking to relocalize food systems and focus on sustainability," he says. "In terms of what to focus on and get bent out of shape about, there's a lot of room to focus on shipping products when we already have them here."

"We're trying to alter redundant trade, like bringing in tomatoes and apples when we have those here. With storage technology we can have Canadian apples year round."

Local Food Plus is dedicated to promoting local food procurement and making people aware of the impact they can have in determining where their food supply comes from.

"Part of what we do is public outreach," he says. "There's lots more of that work that needs to be done. We're more divorced from the food system than we ever have been."



DIGITAL VISION/THINKSTOCK

"I think a lot of education needs to happen. Just as with the textile industry

has seen with the Bangladesh tragedy, ignorance can lead to bad choices."

But that doesn't mean he will try to to guilt you into it. "We focus more on the carrot than the stick."

From large-scale operations like Walmart and Loblaws introducing organic foods to their shelves, to societal changes, Mills says he has seeing optimistic signs.

"One area of optimism has to be in the direct sale of food," he says. "There's a resurgence in people who want to get to know their farmers and know exactly where their food is coming from."

"Food is a cornerstone for society and it's an easy way to see success. Food is nutrition, but it's also a celebration."

Different variables bring people to the buy local food movement, he says.

"My experience is that people don't see the question as one catch-all. For some, hormones and antibiotics in meat is their issue. For others it's pesticides, and for others its biodiversity or bees dying."

"Farmers respond to the market. We have to create that market and we can have quite a bit of effect through demand."

— Jason Menard



CONTRIBUTED

FIND WHAT SUITS YOU AT REWIND CLOTHING

You will find selection and style all under one roof for about half the price of retail at Rewind Consignment Clothing.

The fashions at Rewind are hand-picked for their on-trend and unique styles and take "fashion recycling" to a whole new level.

"You don't have to dig deep like in a thrift store to find something awesome, you just have to look for what suits you, what you love," says Krista Hopfauf,

owner of Rewind Consignment Clothing.

Whether you are looking to pick up some stylish, brand name fashions, or make some money on items that are just sitting in your closet, the staff at Rewind will show you how fun consignment shopping or consigning can be.

"Once you understand its benefits and how it works and find a shop you work well with, you'll love it," Hopfauf says.

And with community spirit in Calgary at an all-time high, it is a great

time to support local businesses and consignors.

"And by spending your money in our community that money stays in the community and supports other local businesses," Hopfauf says.

Due to the flood, Rewind Consignment Clothing is now open in its temporary location at 1412-1st St. SW.

Sign up for Rewind's fashion e-newsletter for promotions and fashion tips in store or online at rewindconsignment.com.



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rewindconsignment.com





The Swimco store.



Dave Bacon, left, Lori Bacon, and Steve Forseth.

CONTRIBUTED PHOTOS

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FIND THE RIGHT FIT AT SWIMCO

The ability to empower women to feel confident and comfortable half-naked on the beach or at the pool is a job that swimwear experts at Swimco are proud to do.

“My mom started Swimco with the values of treating every customer like a friend and that is how we continue to run our business today,” says Lori Bacon, president

and owner of Swimco, a family-owned, Calgary-based company.

“Everyone at Swimco really wants to help women so that they can enjoy some of the best times of their life.”

23 LOCATIONS

Swimco is the largest swimwear retailer in Western Canada with locations in as far east as Winnipeg and as far west as Nanaimo. The company was originally started in 1975, out of Bacon’s mother’s basement, and has now grown to 23 locations.

Bacon says Swimco is the best place for women to shop for swimwear because of the vast selection of brands and styles, combined with the expert advice and help of Swimco’s trained fit experts.

“It is essential for us, for our fit experts, to listen to each customer and understand what she wants or needs in order to feel confident in her swimsuit,” Bacon says.

“Women all deserve to feel good, even when they are half-naked and so offering that customer service makes the experience a positive one.”

The Swimco fit experts are like having your best, most honest girlfriend with you at the store to help you find the most flattering swimwear possible. The expert staff will not let you leave with a suit until you know you look and feel great in it.

There is also no need to worry about buying a cookie-cutter suit since Swimco recognizes that not all women are created the same and, therefore, have different body types.

For this reason, Swimco offers a complete range of sizes, the chance to get creative and mix and match your tops and bottoms to create the perfect swimsuit.

“You will feel good half-naked,” Bacon says.

For locations and hours, visit Swimco at swimco.com.

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A REPUTATION YOU CAN STAND ON

Accountability, integrity, passion, teamwork and consistency — Alberta Hardwood Flooring has it all.

Founded in 1985, Alberta Hardwood Flooring is family owned and operated with locations in both Calgary and Edmonton. Since its inception, Alberta Hardwood Flooring has remained committed to providing quality hardwood, laminate and cork flooring products combined with excellent workmanship and exceptional customer service.

“Our focus is providing the finest quality products and highest value we can to our customers,” says managing partner Calvin Onyszchuk. “We are dedicated to delivering the most value for your money, with a guarantee of long-term quality and style.”

The company recently expanded its flooring selection to offer carpet and tile, making it a one-stop shop for flooring sales and installation.

“We pride ourselves on honouring our word, our work and our customers. Every customer and every installation counts so we provide a high-level of service that



CONTRIBUTED

our customers have come to expect and deserve. That’s what we mean when we say we’ve built a reputation you can stand on.”

From planning to installation, Alberta Hardwood Flooring’s knowledgeable and experienced team is ready to help families and businesses select the perfect type of

flooring for their projects — and the team will be there every step of the way.

While the company offers products from all over the world, it features many products directly from Canada’s flooring leaders. A visit to its new showroom in Quarry Park drives home the fact that this bustling business is here to serve.

HELPING OUT

When the devastating flood hit the province, Alberta Hardwood Flooring jumped into action. Most of the Calgary staff travelled to flood-stricken High River to spend hours helping homeowners salvage their damaged basements. The crew spent more than 10 hours helping two homeowners gut their flooded basements while a skeleton crew ran the Calgary office. “We’re very proud to help the communities we serve,” managing partner Calvin Onyszchuk says.

Rather than cluttering its showroom, the company showcases its products through room vignettes. With lots of natural light, customers can clearly see the products and get a better sense of how they work in a room setting. It’s a casual, comfortable environment where people can take their time and make informed decisions.

ALBERTA HARDWOOD FLOORING
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YOU CAN RECREATE YOUR PRECIOUS HEIRLOOMS

ANTHONY JEWELLERS

For those who are facing high costs to repair flood damage, it is the items with sentimental value that have had a devastating effect on many.

While brick and drywall can eventually be replaced, those special pieces of jewelry that may have been passed down from a loved one, or hold other sentiment, are seemingly irreplaceable.

Anthony Jewellers, a Calgary-based, family-owned and operated business since 1981, understands how important family heirlooms are.

"We treat our customers and their jewelry like it's our own families," says Vanessa Fesik, marketing manager for Anthony Jewellers.

"It is our job to make every customer who comes in feel like they are the only customer in the world and that their job matters."

Anthony Jewellers offers custom de-

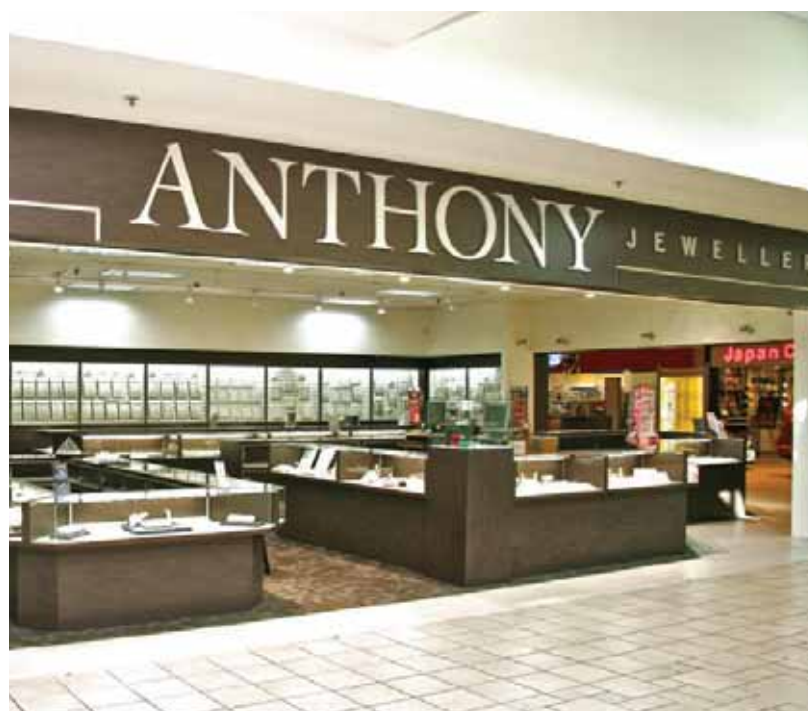
SPECIALISTS

Anthony Jewellers specializes in on-site jewelry repair and custom design. It also offers a large selection of affordable jewelry in-store, online and through special order. Anthony Jewellers also purchases old, unwanted jewelry.

sign for those who lost precious pieces in the flood. Even though victims may not be able to get their items back, they can have them recreated.

"We know that the process of insurance claims can be difficult, but we can walk people through it" Fesik says. "If a customer brings in a photo of the lost item, or even a drawing, we can recreate that piece for them."

With an on-site goldsmith, repairs and custom design can be done quickly and without the worry of items being sent away.



CONTRIBUTED

"This is a big concern for a lot of customers as they don't like to see their jewelry sent off site," Fesik says.

"Because our goldsmith has been with us nearly as long as we have been in business, the work that we do is consistent and impeccable."

For customers who are looking for a reliable and trustworthy place to have something repaired, or remade, Anthony Jewellers' knowledge and 32 years of experience make it an obvious choice.

Stop by Anthony Jewelers in Marlborough Mall, or visit anthonyjewellers.com.



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Pop goes the ice – in your mouth

One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia

and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more.

Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I real-

ized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Tapioca flour is often called

tapioca starch. They are identical products.

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

Fudge Ice Pops



This recipe makes nine to 12 ice pops. THE CANADIAN PRESS H/O

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's

instructions.

RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

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Pricing in effect Thursday, August 8 to Sunday, August 11, 2013. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

Snack. Margarita Ice Pops



1. In saucepan, combine water, sugar, lime zest and salt. Bring to a boil, reduce heat and simmer for 2 minutes. Pour into a measuring cup and set aside to cool. Discard lime zest. Stir in lime juice, tequila and liqueur.

2. Pour the mixture into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours or preferably overnight. If you are using an ice pop kit, follow manufacturer's instructions.

Ingredients

- 325 ml (1 1/3 cups) water
- 50 ml (1/4 cup) granulated sugar
- 2 strips (each 1 by 5 cm/1/2 by 2 inches) lime zest
- Pinch salt
- 150 ml (2/3 cup) freshly squeezed lime juice
- 45 ml (3 tbsp) gold or white tequila
- 22 ml (1 1/2 tbsp) orange liqueur (such as Cointreau or Triple Sec)

OHL

Business comes before family ties for Gilmour

A strong family connection might have brought forward Jake Gilmour to the Ontario Hockey League's Kingston Frontenacs, but it didn't keep him there.

Frontenacs general manager Doug Gilmour sent his son packing Wednesday, shipping Jake, goaltender Blake Richard and a conditional 12th-round pick in 2015 to Niagara for the IceDogs' 12th-round pick in 2015.

THE CANADIAN PRESS

MLB

Blue Jays fall apart in 5th in Seattle

Humberto Quintero's two-run homer highlighted a six-run fifth inning, and the Seattle Mariners rallied for a 9-7 victory over Toronto on Wednesday to spoil the return of Blue Jays left-hander J.A. Happ.

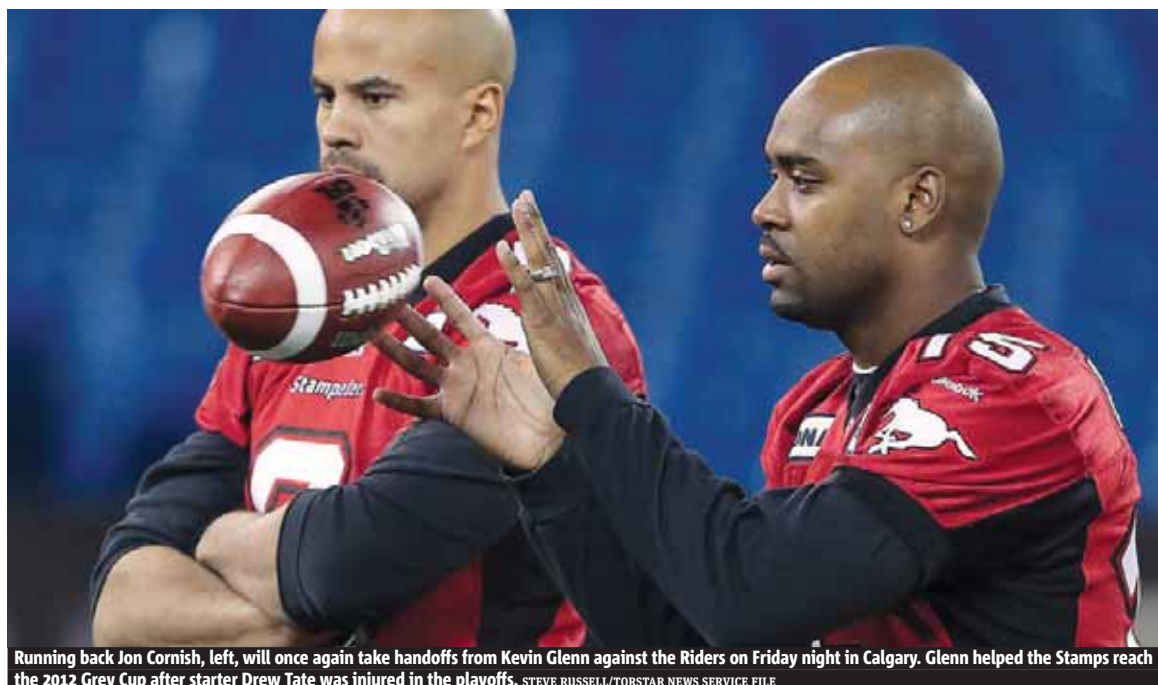
It was Happ's first start since May 7, when he suffered a skull fracture and sprained knee after being hit by a line drive in Tampa Bay.

THE ASSOCIATED PRESS



Toronto pitcher J.A. Happ

GETTY IMAGES



Running back Jon Cornish, left, will once again take handoffs from Kevin Glenn against the Riders on Friday night in Calgary. Glenn helped the Stamps reach the 2012 Grey Cup after starter Drew Tate was injured in the playoffs. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Glenn gets chance to Stamp out 5-0 Riders

CFL. Calgary turns to veteran backup for battle of West's best

The Calgary Stampeders' quarterback carousel has turned again, stopping on Kevin Glenn as starter for Friday's game against the undefeated Saskatchewan Roughriders.

The Stamps (4-1) emerged from their bye week with the expectation Drew Tate had overcome a strained right forearm that sidelined him for two games.

McMahon advantage?

"This is a team that nobody has been able to beat so far and they're coming into our house and we have a very good opportunity to beat them."

Stampeders QB Kevin Glenn, on Friday's matchup with the Roughriders.

But Tate's arm flared up again after practice this week. Glenn will start against the Riders (5-0) with Bo Levi Mitchell his backup in Calgary.

Tate left in the fourth quarter of a 36-21 road loss to Saskatchewan on July 6. He was subsequently diagnosed with a strained forearm muscle and hasn't played since, although

his latest setback has been called an elbow injury.

"He'll probably be not throwing for five, six, seven days," Calgary head coach/GM John Hufnagel said Wednesday. "It depends on how it responds to injections."

Tate's string of injuries extends back to the second game of last season when he separ-

ated his shoulder. He returned later in the year but broke a bone in his arm in a playoff game.

The 28-year-old Texan hasn't been able to get a sustained run of starts since Hufnagel declared him the starter prior to last season.

Glenn, 34, did admirable work to get Calgary to last season's Grey Cup game. But the emergence of Mitchell this year has further crowded the quarterback situation.

Glenn had four touchdown passes in a 41-38 win and another two in a 17-10 victory against Saskatchewan last season. THE CANADIAN PRESS

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Milos Raonic rushes the net against Mikhail Youzhny on Wednesday night in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Raonic and Pospisil advance in Montreal

Staying behind. Frank Dancevic of Niagara Falls, Ont., Filip Peliwo of Vancouver and Jesse Levine of Ottawa all lost

round of the \$3.49-million US hardcourt event.

"You sort of keep working away," said Raonic, who hired Ivan Ljubicic to replace Galo Blanco as his coach in May. "You keep hoping you get closer and closer to this."

"The thing is, I felt like I was getting closer definitely on the practice court, I just wasn't really doing it in the matches."

The Thornhill, Ont., product has maintained a career-high 13th spot in world rankings despite a 7-7 record over the last three months. He will play the winner of a match between sixth-seeded Juan del Potro and Ivan Dodig, which was scheduled for later Wednesday night but was in danger of being postponed because of the weather.

Milos Raonic feels that things may finally be looking up.

The big-serving Canadian, who is adjusting to a new coach and a more aggressive style, was never in trouble in second-round action Wednesday at the men's Rogers Cup as he downed Mikhail Youzhny 6-4, 6-4 just before torrents of rain crashed down on Uniprix Stadium in Montreal.

It was the first time since May the lanky right-hander put two wins together, and the victory was much more decisive than his three-set win over Jérémy Chardy in the opening

Raonic, whose match with Youzhny was delayed briefly by rain, is hoping to test himself against an elite player to

Tiebreaker

- Toronto's Sharon Fichman pushed Jelena Jankovic to a tiebreaker in the second set, but the veteran held off the challenge for a 6-4, 7-6 (6) victory. Montreal's Eugénie Bouchard, the final Canadian left in Toronto, fell 6-3, 6-2 to Petra Kvitová in the evening match.

see where his makeover to a more attacking style stands.

Raonic and Canada's second-highest ranked player, No. 71 Vasek Pospisil, were the only Canadians to reach the round of 16 as Frank Dancevic of Niagara Falls, Ont., Filip Peliwo of Vancouver and Jesse Levine of Ottawa all lost.

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Horoscopes

Aries

March 21 - April 20

Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

Taurus

April 21 - May 21

You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

Gemini

May 22 - June 21

Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

Cancer

June 22 - July 23

Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

Leo

July 24 - Aug. 23

You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

Virgo

Aug. 24 - Sept. 23

The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

Libra

Sept. 24 - Oct. 23

Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

Scorpio

Oct. 24 - Nov. 22

The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

Sagittarius

Nov. 23 - Dec. 21

Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

Capricorn

Dec. 22 - Jan. 20

Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

Aquarius

Jan. 21 - Feb. 19

Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

Pisces

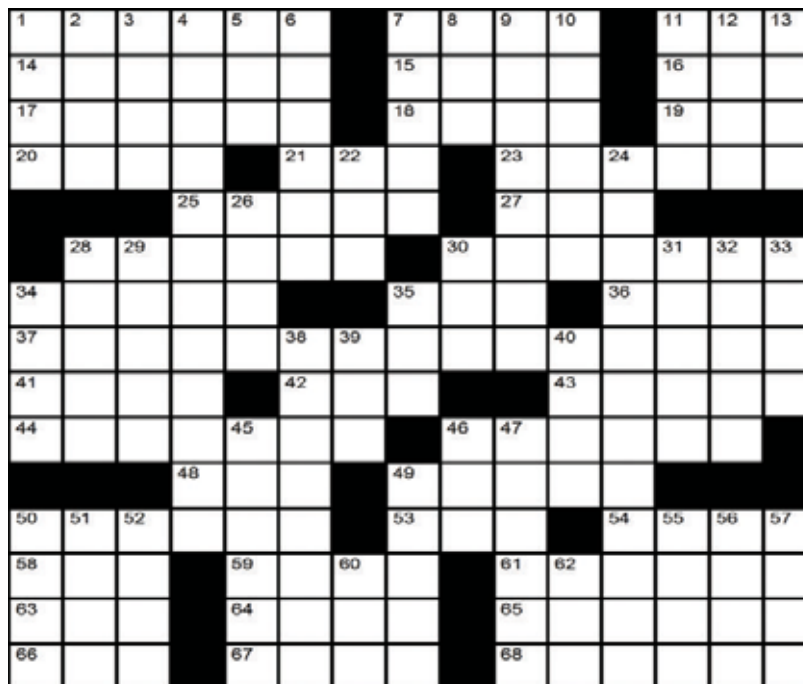
Feb. 20 - March 20

You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Type of computer printer
- French film
- Blue Rodeo hit
- One of Montreal's Concordia University's campuses
- Dupery
- Pronoun
- Basketball great, ___ Abdul-Jabbar
- Commedia dell'___
- Standard
- Single-horse carriage
- Celeb photographer
- Bring'tin from beyond
- Picture files on PCs
- ___-locka, Florida
- Rock: French
- Horns of nature
- "___ bleu!" (Golly!)
- Camel hair garment
- H.G. Wells people
- Period of social change in Quebec in the 1960s: 2 wds.
- Falsehood
- That, in Tijuana
- Tend the fire
- This evening
- Baseball team: acr. + wd.



- Ginger drink
- Picnic blanket's one-of-some
- Vancouver-born actor Mr. Jackson
- 'Motor' suffix
- Yep's opposite
- Commonly, in verse
- Snare
- Reached home plate, this way: 2 wds.

- Charlemagne's li'l domain
- 'Conval' suffix (Recuperate)
- Nature/beach/recreation spot on Vancouver Island
- '60/'70s war zone, informally
- Want
- Cold ___ (Singer/songwriter from

Etobicoke, ON)

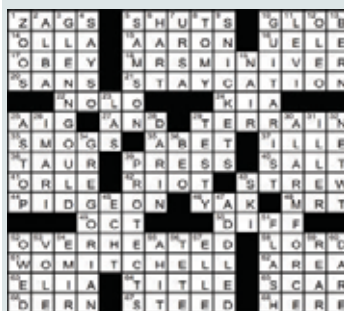
Down

- Types
- Biblical mariner
- Ms. Sedgwick of acting
- Iconic 'Degraasi' character played by Pat Mastroianni: 2 wds.
- 'Client' completer

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Painter-at-the-easel's tool: 2 wds.
- ___-a-porter (Ready-to-wear)
- Brazil's Sao ___
- 'Mort' suffix (Funeral parlor gig)
- Blood-typing letters
- Poet T.S.
- Chess pieces
- ___ qua non (Essential factor)
- Floor plan measuring unit, ___
- Ms. Gardner
- Practice for the play
- Founded, for short
- "Gomer Pyle, ___"
- ___-free bread
- Calgary Flames org.
- Bakery supplies
- Made do
- Saint ___, New Brunswick
- Canadian cellist Ms. Harnoy
- Plant part
- Relating to lyric poetry
- "Get the Party Started" singer
- Rock producer Brian's
- Toronto Blue Jays mascot
- Sever

Yesterday's Crossword

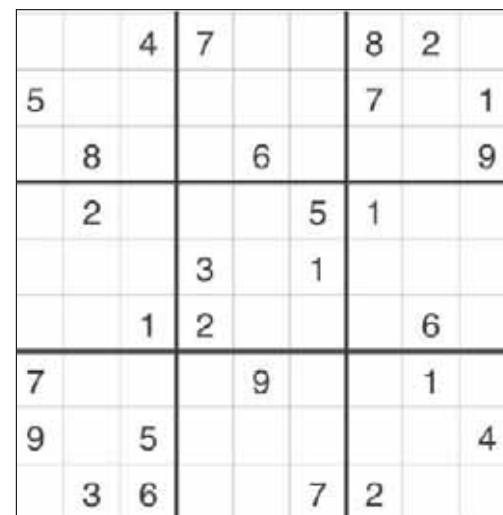


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

FRIDAY

SATURDAY



MAX: 16°
MIN: 11°



MAX: 20°
MIN: 11°



MAX: 21°
MIN: 14°

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4825 Macleod Trail SW

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